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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Remember to add a little warm liquid to slightly beaten egg before combining the egg with a hot liquid or mixture.

\* \* \*

Rye flour is always darker than wheat flour. Bleaching has little effect on the color, but improves the baking properties.

\* \* \*

Pie crust may be frozen in bulk, rolled in circles or fitted and fluted in a pie pan. Circles should be stacked with two pieces of wax paper between layers so one may be removed without thawing the whole batch.

\* \* \*

Canned fruit cocktail is one of a few fruit mixtures which is standardized by Federal law. Peaches and pears make up the greater part of the mixture but it also must include pineapple, grapes, and maraschino cherries according to U.S. Department of Agriculture.

\* \* \*

Numbers of bacteria increase as milk ages or stands at room temperature. Milk which has been taken from the carton should not be returned to it if it has remained at room temperature for any extended period.

## BEGONIAS ARE EASY

If you don't really have a green thumb—maybe you'd like to try growing tuberous-rooted begonias? Horticulturists at the U. S. Department of Agriculture say the most important things to consider are shade, a rich soil, and moisture. Popular for growing in shady garden nooks or on the north side of buildings (where they get direct sunlight only in the morning and evening), these begonias really are easy to grow.

Begonias will thrive in pots, window boxes, or a you-make-it-yourself container. A liberal amount of drainage material should first be put in the bottom and moisture maintained in the soil—don't overwater!

Begonias are very attractive when planted in wire hanging baskets lined with moss (to retain the soil). Remember—they like shade, so don't put them in the boiling sun. And, don't bother to water them at night because it could cause stem decay at the ground surface, according to the Agricultural Research Service.

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## IT REALLY IS SPRINGTIME!

First of the season flower shows and art shows are scheduled at the National Arboretum in Washington, D.C. If you like camellias—plan to visit the first flower show—the camellia show on April 14 and 15. Then, there will be a daffodil show (April 21, 22), bonsai demonstration (April 28, 29), rhododendron show (May 12, 13), Iris show (May 26, 27), Lily show (July 5, 6, 7, 8), and a daylily show (July 14).

A series of nature walks are also scheduled at the Arboretum starting on the week-end of April 21 and continuing through June 30th. The talk-tours will include wildflowers (April 28, 29), the azalea trails in May (May 12, 13), shrubs identification (May 19), dwarf conifers (June 10), as well as general tree identification.

The art displays will include wildflowers in metals (April 30 - May 25), color nature photographs (May 29 - June 29), Lily illustrations (July 2 - August 3), and dried flower arrangements under glass (August 6-31).

The Arboretum occupies 415 acres in the northeast section of the District of Columbia. It is open to the public every day of the year except Christmas. Activities of the Arboretum are concerned primarily with educating the public regarding trees and shrubs, and conducting research on these plants.

## EIGHT HOURS TO BUILD A HOUSE?

### —It happened in Virginia.

Would you believe that a three bedroom rambler, complete with electricity and plumbing can be erected in eight hours? Even though the factory-built house has prefinished interior walls and kitchen and bath fixtures installed, the real key to the "speedy show" is in a revolutionary new method of constructing housing on wood foundations. The process was developed by the U.S. Department of Agriculture in cooperation with the National Forest Products Association and the American Wood Preservative Institute.

The wood foundations—treated with a preservative that lets them resist termites and rodents—can be installed under nearly all weather conditions, including extremely cold and extremely wet periods when masonry can't be used. Wood foundations—not needing a drying out period—can be installed in less time and at less cost than mortar and cinderblock bases. Year around construction is a very important factor—no time wasted during rainy seasons.



## IT'S PARTY TIME

### —for teens

Ever host a "fun-do" party? Once you've tried fondue, you'll be serving it for brunch, for a late-supper snack, after swimming. . . or skiing. . . in fact, anytime you want to gather your friends around you and relax. If you want something lighter, you can plan some super snacks like "nuts 'n' bolts" (made with cereal, nuts, pretzels, etc.) or "cran-orange cooler" for a starter.

There need not be a generation gap with these food ideas because what is festive and fun for youngsters can be useful tips for any age group. Extension Service nutritionists Evelyn Spindler and Fern Kelley at the U.S. Department of Agriculture developed material for this latest 4-H Food Nutrition publication called "Teens Entertain." It has been published by the National 4-H Service Committee, Inc. in behalf of the Extension Service of the U.S. Department of Agriculture and the State Land-Grant Universities.

Teens usually are happy to know that, nutritionally speaking—snacks are not all bad. True, some fill you up without providing much nutrition, but chosen carefully, snacks can fit right into daily food needs. This booklet includes food-snack-ideas for all ages—including nursing home parties (fruit whips garnished with fruit, cafe au lait with toast strips) and tiny tot parties (finger-foods, tiny sandwiches).

"Teens Entertain", the 4-H Food-Nutrition Project publication, is the last manual in the series of five. Others in this series are "Tricks for Treats", "All American Foods", "Meals for Today—the Easy Way", and "Foods with an International Flavor".

Single copies of "Teens Entertain" are available for 50¢ plus postage from the National 4-H Service Committee, 59 E. Van Buren St., Chicago, Ill. 60605 (Attention: Mr. James Veeder). Lower prices for multiple copies.



## Q'S AND A'S ON PLENTIFUL FOODS



How long can you keep shelled peanuts? Shelled peanuts will keep fresh for several months if stored in a tightly closed container in the refrigerator. They can also be frozen in tightly closed freezer containers at 0° F. or lower. Peanut butter will also keep its quality longer in the refrigerator than at room temperature.

Should canned orange juice be refrigerated? After it is open, yes. Canned orange juice is orange juice that has been pasteurized to keep it good, flavorful and filled with its natural vitamin C for many months without refrigeration—until opened.

Are dry beans a good source of protein? Not only are they an excellent source of protein but they provide other nutrients such as calcium, iron and the B vitamins, thiamin and riboflavin. There is a wide variety of dry beans from which to choose: red, white, black, speckled, and small and large beans.

How can you get the jellied cranberry sauce out of the can whole? First, punch a hole in the bottom of the can, then remove the top with the can opener—the sauce slides out with ease and is ready to slice.

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